

Seven Levels of Healing

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Abstract

The Seven Levels of Healing become a road map to show each of us where we get stuck in the healing process. The purpose of this paper is to provide an opportunity to discover each level and how it affects energy in and out of the body.

To help our facilitators deal with the high client load in Columbus, Ohio, (approximately 8 - 12 clients per day) we are constantly searching for shortcut techniques that accelerate the healing process of each client.

We have discovered that providing a "road map" of healing allows the client to quickly identify where they are along the journey of healing. This permits them the opportunity to see where they've come from and where they may choose to go.

We begin the process by balancing clients in what we refer to as the "Three Legged Stool." We suggest the three legged stool is the seat of wisdom because it provides spiritual connection, self love, and healthy limits and boundaries. Our experience indicates that unless a client is spiritually connected; consciously, subconsciously and unconsciously, that the opportunity for belief in self worth and therefore healing, is dramatically reduced.

The next step of balancing the three legged stool, requires the client to understand their lives' purpose of discovering wisdom and self love. Our experience indicates most clients are truly unaware of what love is, let alone the ability to love themselves. We have found that teaching clients to listen for their own critical parent ego and then help that ego to become nurturing, is one of the most loving exercises possible. Many times clients quickly resolve their own definition of love when asked this question: Why have you come to planet earth? What is it you hope to accomplish along your journey of wisdom? As facilitators of healing, we have noticed clients tend to heal much faster when asked self discovery questions. It is our perception clients already know answers to these questions. They simply need the opportunity to be asked wise questions so that they might self discover wise answers.

The third leg of the stool allows the client to become aware of healthy limits and boundaries for themselves and to others. This permits continuous nurturing and growth.

After clients have the benefit of emotional, spiritual, physical, and mental balancing from the three legged stool, we then begin to present the concept of the Seven Levels of Healing.

The first step is to discuss the seven levels of healing with the client and explain that they can be at many different levels of healing with the many issues in their life. The seven levels are:

- 1) Denial;
- 2) Self Blame;
- 3) Blaming Others;
- 4) Indignation or Self Righteousness;
- 5) Surviving;
- 6) Integrating the Experience;
- 7) Understanding the Serendipity of Life.

What has become interesting to our facilitators of kinesiology is the effect each of these healing levels have on the energy in the body.

We have observed in the denial stage that energy becomes blocked and produces enough pain to reach the fourth level of pain, which is numbness. There appears to be a direct relationship of numbing out memories and physical pain for the body. Therefore, it appears the purpose of the first level of healing is to permit experiencing life without the physical or emotional pain. However while we remain in the denial mode, various events in life easily trigger emotions and feelings that leave us unstable and reduce the possibilities of personal growth.

The second level of healing produces awareness of the issue and provokes self-blame and anger. Energy seems to begin moving and is often felt in the body with a high level of intensity. The purpose of this level of healing is to

have us notice the pain and move towards self-acceptance and self love.

The third level of blaming others or feeling victimized also produces intense pain that comes in patterns associated with the intensity of our fear of becoming a victim. The purpose of this level is to teach us clarity so that we might understand the situation.

The fourth level of healing invokes indignation and self-righteousness that typically creates muscle spasms and unbalanced muscle functions. Because this level creates a feeling of depression, it provides the opportunity to allow us to move towards loving others and learning to accept our relationships.

The fifth level of healing allows us to accept the experience and understand that we have survived the event. Energy begins to move more freely and we feel a lessening or healing of pain. The purpose of this experience is to allow us to develop our own personal truth.

The sixth level permits integrating the experience into our wisdom and brings our energy to a higher vibration. Many people use this level of healing as a re-birthing of who we are and the purpose of our life.

The seventh level of healing moves us from the physical realm and connects us to the Divine Mind as we vibrate at the highest frequency of clear light. It is at this point we learn how we function with the great pattern of the serendipity of life. This experience allows us to become clear about our part in the perfection of life and how it relates to others.

The process we have learned to use to move people along the journey of healing requires the following steps:

1. Balance the client on the three legged stool and then help the client have clear vision of the "road map" as it relates to the seven levels of healing.
2. Provide a muscle test as the client makes the following statement: "At this time in my life, I am mentally, physically, spiritually, emotionally, and on all other levels, totally balanced."
3. Find the emotion(s), age, and experience and bring that awareness into the conscious mind.
4. Find the benefit of the emotion to the subconscious mind; i.e. to protect, punish, or other. Ask the client where they feel this in their body.
5. Ask at what level of healing the mind is holding about this issue.
6. Ask how many times this emotion has repeated this pattern.
7. Ask if this energy is located in the body or in a subtle energy field and can the energy location be validated with pain by touching.
8. Ask if a meridian or muscle is involved.
9. Ask the client what would it mean to no longer hold on to this emotion, energy, protection, or punishment.
10. Ask the body intelligence how to process the healing, i.e. NLP, hypnotherapy, brain integration, Gestalt techniques, age recession.
11. Process the healing and ask the body intelligence if there is another level.
12. Ask the client to think of the event and check for feelings in the body and any associated pain. Also check by touching pain location and muscle response.

Our experience indicates that any of these levels of healing can last from just a few moments to many years. Each of us have the ability to move up or down the levels of healing as we are triggered by the events in our life.

The advantage of using this powerful tool for healing is that it gives the client a sense of control along their journey of healing. Although it would appear we have no control over the events that come into our life, we do have the opportunity to choose the intensity and length of time we hold on to the emotions we develop in response to those events.

References

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2. McMullin, John, *In Touch*; Midwest Chapter newsletter; Fall/Winter, 1993